

From: Fidelity International <email.wi@fidelity.co.uk>
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To:
Subject: TEST | Invest in yourself to protect your financial health

Look after your financial wellbeing | View in browser (AAA)



Spring into great saving habits

The last year has shown the value of good financial health more than any other. And, while making sure you’re keeping on top of things right now is important, so is keeping up with your plans for the future.

So, here are three really simple steps you can take today to feel confident about your long-term savings.



Make your workplace pension work for you



4 steps to financial fitness



Warm up for the new tax year

Looking after your workplace pension is investing in your future self. Discover what you can do now, to help you on your way to the retirement you want.

[Read the article](#)

Check out four ways you can make small changes today that can make a big difference to your financial wellbeing now, as well as over the long term.

[Explore myfuture](#)

Start the new tax year with some resolutions for your long-term saving and make sure you're making the most of your workplace pension with a pension refresh.

[Find out more](#)



Invest in yourself

You may have been saving into your workplace pension for a while now. But great habits that help your future don't always have to be financial. So we asked real people for their top tips for creating good habits for money, work and wellbeing. Here's what Jo Spolton, CEO of 2Hand, had to say.

[See more >](#)



Top tip

The earlier you put money away for your retirement, the longer it will have to grow, thanks to the power of time and compounding. See how a small change can make a big difference. Discover the [Power of Small Amounts](#)

Important Information – The value of your pension investments may fall as well as rise and you may not get back the amount contributed. This is not a personal recommendation for any investment or course of action. If you are unsure which investment approach is right for you personally, you should speak to an authorised financial adviser. Withdrawals from a pension product will not normally be possible before age 55.



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